

Think and Write: Habits and Hygiene

1. Who do I trust that I could talk to about changes that I'm noticing in my body? Or, if I have a question about my body?

(Psssst! Remember, your parents or guardians are usually the best people to talk to!)

2. What is one thing I could do to improve my hygiene habits?

(Psst. If you forget to brush your teeth at night, what could you do to remember?)

3. Since my brain is still maturing, what is one thing I could try to do each day, to develop my brain?
